



Attention Parents and Guardians of future Field Station participants:

We are so pleased that your child will be participating in our program. We have included a "What to bring list" to aid in packing. Please be sure that your child has all of the items on the 'Essentials' list. This is a great experience for them if they are well prepared.

Below you will also find some answers to commonly asked questions. If you have other questions, do not hesitate to call us, ask your group's leader who may have previously attended our programs, or check out our website where there is more program information.

1. What is the Chincoteague Bay Field Station

ANS: We are a non-profit, educational institution. We have a board comprised of the Presidents of the member universities. The Field Station was formed in 1968 to promote education and research in the marine and environmental sciences and offer programs which range from elementary to university levels, and adult learners.

2. How do I contact/get information about the Field Station?

ANS: There are several ways to contact us:

P: 757-824-5636, F: 757-824-5638, Email: [info@cbfieldstation.org](mailto:info@cbfieldstation.org) Website: [www.cbfieldstation.org](http://www.cbfieldstation.org)

3. Where is the Field Station located?

ANS: We are located on the Eastern Shore of Virginia, about 5 miles south of the Maryland/Virginia border. We neighbor Chincoteague and Assateague Islands and the NASA Wallops Flight Facility.

4. How much money should my child bring on the trip?

ANS: All expenses during the program are covered in the student fee. We do have a Ship's Store on campus that has Field Station apparel and a variety of other souvenirs. Check with your group's leader to see if there are travel expenses or other activities planned for Free Night that may involve money.

5. How can I contact my son/daughter while they are at the Field Station?

ANS: Our office is open from 8am-4:30pm Monday thru Friday. You can call and leave a message with the office staff and your child can return your call when they return from field trips. If it is a non-office hours **EMERGENCY**, you can call our emergency cell phone which is carried by a staff member from 4:30pm thru 8am. The staff member on call can locate your child and let you speak directly to them. The emergency number is 757-894-7708. Cell phone service can be intermittent because we are located next to the NASA base but Verizon service seems to work the best.

You should have also received a Health Record/Participation agreement to fill out for you child. Be sure to note any health conditions or concerns on this sheet so that our staff can do their best to accommodate your child. Also on this form is a section to permit the use of participant photographs for Field Station advertising purposes. Please indicate whether we can use pictures of your child to promote our programs. The health form must be filled out and signed or your child will be unable to participate in our programs.

We look forward to working with your son or daughter and hope that they enjoy their time with us.

Thank you,

Anne Armstrong

Programs Manager

# What to Bring On Your Trip



*Please be sure that all participants are adequately prepared for their trip. We have seen students unhappy in the field because they were not wearing appropriate clothing. **Please do not bring expensive items, snacks, or drinks other than water.***

## Essential Items

- ☐ 2 towels (1 for bathing and 1 for field trips)
- ☐ Sunscreen
- ☐ Sleeping bag or sheets + blanket, pillow
- ☐ Bath towel, soap, personal toiletries
- ☐ Refillable water bottle
- ☐ Rain gear
- ☐ Pencil/pens
- ☐ Sunglasses/Hat
- ☐ Insect repellent
- ☐ Trash bags for laundry and wet clothes

## Optional Items

- ☐ Binoculars
- ☐ Robe
- ☐ Camera
- ☐ Flashlight
- ☐ Alarm Clock
- ☐ Shower shoes
- ☐ Cards, books for free time
- ☐ Money for souvenirs



**What you need for field trips – your teacher will know what classes you are signed up for.**

## Boat Trip:

- ☐ Sneakers or boots. A full shoe that laces. NO Keens, toe shoes or water shoes.
- ☐ Wear layers. It is better to have too much clothing and not need it then to be cold with no jacket

## Intertidal

- ☐ A bathing suit that will be worn under your clothing
- ☐ Guys can wear just swim trunks with a t-shirt. Girls will want to wear shorts and a t-shirt over the bathing suit. These clothes will get wet.
- ☐ Secure shoes that can get wet. Examples include Keens, Chacos, Tevas, water shoes or sneakers
- ☐ A change of dry clothing. This will be put over your wet bathing suit. A t-shirt and shorts are fine.
- ☐ A change of shoes
- ☐ A field towel and plastic bag for wet clothes and shoes

## Dunes/Beach

- ☐ Wear shoes that can get wet and sandy. Your shoes from intertidal would work.
- ☐ Wear layers. The beach can be breezy.

## Marsh

- ☐ A bathing suit that will be worn under your clothing
- ☐ A t-shirt that can get muddy
- ☐ LONG pants that can get muddy. NO exceptions.
- ☐ Sneakers or any shoes that tie that can get muddy. NO exceptions.
- ☐ A change of dry clothing. This will be put over your bathing suit.
- ☐ A change of shoes
- ☐ Field towel and plastic bag for wet / muddy clothes and shoes

## Maritime Forest

- ☐ Comfortable walking shoes
- ☐ Wear layers to protect against weather and bugs

- For Organism Lab and your Free Night you have the choice of what to wear (dress for the weather). The labs can be cold at night, so bring a sweatshirt. You must ALWAYS have shoes on when you are walking around campus. Your dorm is the only location where you are not required to wear shoes.

# WHAT TO WEAR

## Boat Trip:

- Sneakers or boots. A full shoe that laces. NO keens, toe shoes or water shoes.
- Wear layers. It is better to have too much clothing and not need it then to be cold with no jacket

## Intertidal

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- A change of dry clothing. This will be put over your wet bathing suit. A t-shirt and shorts are fine.
- A change of shoes.
- A towel.

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# School Program Health Form

Required for all Adults and Minors

*Please copy and return completed form to school staff as soon as possible*

School / Group Name \_\_\_\_\_ Date of trip \_\_\_\_\_

Participant name \_\_\_\_\_ Age \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Birth date \_\_\_\_\_ Race \_\_\_\_\_ (for reporting purposes only) Parent/Guardian \_\_\_\_\_

Home address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Home phone \_\_\_\_\_ Work phone \_\_\_\_\_ Fax  
\_\_\_\_\_

Cell phone, or other \_\_\_\_\_ E-mail address  
\_\_\_\_\_

—The Chincoteague Bay Field Station does not discriminate against applicants by race, creed, sex, or national origin.—

## Medical information: In case of an emergency, please notify:

1st priority: Name \_\_\_\_\_ phone ( ) \_\_\_\_\_ relationship to student: \_\_\_\_\_

Alternate: Name \_\_\_\_\_ phone ( ) \_\_\_\_\_ relationship to student: \_\_\_\_\_

## Health history (Check all that apply, giving approximate dates or details in blank space provided)

\_\_\_\_ Frequent ear infections \_\_\_\_ Heart defect/heart disease \_\_\_\_ Hay fever \_\_\_\_ Penicillin \_\_\_\_ Allergies \_\_\_\_ Convulsions

\_\_\_\_ Diabetes \_\_\_\_ Other drugs \_\_\_\_ Bleeding/clotting disorders

\_\_\_\_ Food (please give type and describe severity) \_\_\_\_\_

\_\_\_\_ Insect stings (please describe severity) \_\_\_\_\_

\_\_\_\_ Recent injuries (please list) \_\_\_\_\_

Do we have permission to administer: Acetaminophen? \_\_\_\_\_ Ibuprophen? \_\_\_\_\_ Benadryl? \_\_\_\_\_

List all medications brought to MSC: \_\_\_\_\_

\_\_\_\_\_

Is the student taking any medications? Please list dosage, etc.: \_\_\_\_\_

\_\_\_\_\_

Do you wear contacts? \_\_\_\_ YES \_\_\_\_ NO

Do you wear glasses? \_\_\_\_ Yes \_\_\_\_ NO

Swimming ability: \_\_\_\_ Non swimmer \_\_\_\_ Beginner \_\_\_\_ Intermediate \_\_\_\_ Advanced

Surgery or serious injuries (dates): \_\_\_\_\_

Chronic or recurring illness: \_\_\_\_\_

Other diseases or details of above: \_\_\_\_\_

Name of family physician \_\_\_\_\_ Name of dentist/orthodontist \_\_\_\_\_

Do you carry family/hospital insurance? \_\_\_\_ Yes \_\_\_\_ No

Policy name and group number: Carrier \_\_\_\_\_ Group or Policy number \_\_\_\_\_

Restricted activities \_\_\_\_\_

**Important** Please notify us if the student is exposed to any communicable disease during the three weeks prior to their program.

If your child needs to be picked up by anyone other than school, are there any pick up restrictions? \_\_\_\_\_

☐ Add us to your mailing list so we can receive a brochure, other announcements, and information about the Field Station.

☐ No, I do not want to be added to your mailing list at this time.

**Parent/Participant Authorization:** To the best of my knowledge, this health history is accurate, and the person herein described has permission to engage in all

prescribed program activities except as noted by me and the examining physician. I hereby give permission to the physician selected by the school teacher or the Field Station staff to order X-Rays, routine tests, and treatment for the health of my child, and in the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the school teacher or the Field Station staff to hospitalize, secure proper treatment for, and to order injection and/or anesthesia and/or surgery for my child as named above I am familiar with the activities in which a participant of the Field Station will engage and I (or my child) am physically capable of participating in such activities. I, the undersigned, agree to indemnify and hold harmless the Field Station from all claims, damages, losses, injuries and expenses arising out of, or resulting from, my presence or participation in activities or programs of the Field Station. I further agree not to sue or assert any claim for damages from the Field Station, regardless of whether such claim is for personal injuries or property damage. Updated 11/2011.

I grant permission for image and likeness (e.g. photo, name, quotes) of my child to be used in publications by the Field Station. This form is also used for diversity reporting.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Permission Slip**  
**Wallops Island Field Trip**

My **child**, \_\_\_\_\_, is permitted to attend the **Wallops Island Field Trip** from **May 14, 2014 – May 17, 2014**. Because it is a school function, I understand that he/she must follow the school rules and the rules of the Chincoteague Bay Field Station. He/She must cooperate with the chaperones, the bus driver, and the Field Station personnel. Chaperones have my permission to check baggage, packages, purses, etc.

In the event that I have to be contacted during this field trip at any time during the day or night, I can be reached at the following **phone numbers**:

**Home:** \_\_\_\_\_

**Work:** \_\_\_\_\_

**Cell:** \_\_\_\_\_

**Other:** \_\_\_\_\_

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**Parent/Guardian Signature**

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**Date**

**\*Please return all forms by May 12, 2014**